

SC006 Health and Safety - Manual Handling & Ergonomics

Course Outline:

Manual handling is an activity involving the use of muscular force (or effort) to lift, move, push, pull, carry, hold or restrain any object.

It covers more than lifting heavy loads and affects more than the back. Manual Handling also includes repetitive activity as seen in assembly work, sustained muscle exertion required to restrain or support a load and the effort needed to maintain the fixed postures that occur in the back and neck while typing.

Repetitive work is a form of manual handling. The injuries that occur usually affect the muscles, tendons and other soft tissues. When the work mainly involves using the arms and hands, numbness, tingling and loss of muscle strength may also occur.

Who May Apply?

Workers that carry out day-to-day lifting

Workers that pushing or pulling heavy objects

Employees working on workstations in particular clerical tasks

Learning Objectives:

- Definition of manual handling
- Description of the human anatomy and physiology and how this is effected by manual handling
- Outlining of typical manual handling related injuries and their possible causes
- Principles of load and balance as it relates to the human body
- Legal requirements and obligations
- Reducing the risk in repetitive work
- Carrying out basic manual handling risk assessments
- Diagrams of workstations
- Manual handling calculations
- Reducing stress
- Practical examples on various objects
- FAQs

Course Structure:

4 hours split in 3 hours Theory and 1 hour Practical

Certification:

An attendance certificate will be given to all attendees.

This does not have an expiry date however we suggest that a refresher course is taken to keep up-to-date with any changes mainly regarding regulations and practical guidelines.